



## Our Hearts Will Go On: Moving Past Aspirin for Primary Prevention of Cardiovascular Disease

*Erin Carson, PharmD, BCPS*

Speaker declares no conflicts of interest, real or apparent, and no financial interests in any company, product, or service mentioned in this program, including grants, employment, gifts, stock holdings and honoraria.

### **About the Speaker**

Dr. Erin Carson is a clinical assistant professor at UIC College of Pharmacy in Rockford and an ambulatory care pharmacist at SwedishAmerican Health System in Rockford, IL. She received her PharmD from Drake University and completed residency training at Monroe Clinic in Monroe, WI. Dr. Carson practices in both the SwedishAmerican anticoagulation clinic and in a primary care clinic, working with family and internal medicine providers. Her areas of interest include cardiology, anticoagulation, women's health, and chronic disease state management.

### **About the Course**

Until recently, aspirin was widely favored for use in primary prevention of cardiovascular disease (CVD). In fact, despite growing evidence calling into question its risk-to-benefit ration, aspirin was recommended for use in a fairly broad population in every guideline on the subject. However, the 2019 ACC/AHA guideline on the primary prevention of Cardiovascular Disease calls previous guidelines into question. This presentation will review in depth the recent evidence on the use of aspirin for primary CVD prevention and compare this evidence with recommendations made in these most recent guidelines. Other recommendations made in the 2019 ACC/AHA guideline will also briefly be discussed.

### **Pharmacist Objectives**

1. Examine recently published trials on the use of aspirin for primary prevention of cardiovascular disease (CVD).
2. Compare and contrast conclusions from recent trials with the recommendations for aspirin made in the 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease.
3. Analyze recommendations made on topics other than aspirin in the 2019 ACC/AHA Primary Prevention guidelines.
4. Apply these recommendations to patient cases, including assessment of whether aspirin for primary prevention of CVD is an appropriate choice.



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<b>Course Participants:</b>	Pharmacists and Pharmacy Students
<b>CPE Target Audience:</b>	Pharmacists
<b>UANs:</b>	0135-0000-20-035-H01-P
<b>Activity Type:</b>	Application
<b>Contact hours:</b>	1.0
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